APRIL

RUSSELLVILLE ROAD GROUP AQUATICS

2024

TOTAL FITNESS CONNECTION
Physical Therapy & Fitness

	MON	TUE	WED	THU	FRI	SAT
8:30-9:30 AM	Aqua Cardio -Chandler		Aqua Bootcamp + Strength -Megan		Aqua Tabata -Chandler	**Saturday Splash** Aqua Bootcamp + Strength w/Megan 4/6 Aqua Dance w/Carrie 4/13 Aqua Tabata w/Megan 4/20 Aqua Bootcamp + Strength w/Megan 4/27
9:30-10:30 AM	Aqua Strength & Stability -Megan	Water Walking -Megan	Aqua Strength & Stability -Carrie		Aqua Strength & Stability -Megan	****Water Walking (9:30-10:30 am) -Megan **(4/20 only)**
5:30-6:30 PM	Aqua Bootcamp -Peggy	Aqua Tabata -Chee (4/2 & 4/9) -Chandler (4/16 & 4/23) -Carrie (4/30)	Aqua Cardio + Strength -Chee (4/3 & 4/10) -Peggy (4/17 & 4/24)	Aqua Dance -Carrie		